

## FAMILY CENTERED SERVICES OF ALASKA- RTC

### NUTRITION AND PHYSICAL ACTIVITY WELLNESS POLICY

**Policy** Our agency believes the intellectual, social, emotional and physical development of each client is enhanced by healthy nutrition practices and physical activity. We are committed to promoting and protecting our client's health, wellbeing, and ability to learn, by encouraging lifelong habits of healthy eating and physical activity.

**School Meals** Meals and snacks served through the National School Lunch and Breakfast Programs (NSLP) including those served year round will:

- Meet at a minimum, nutritional requirements established by NSLP, local, state and federal regulations and guidelines
- Offer a variety of fruits and vegetables throughout the day in meals and snacks
- Serve low-fat (1%) and fat free milk and nutritional equivalent non-dairy alternatives as defined by the USDA
- Ensure that all wheat grain served is whole grain or whole grain enriched

We will:

- Participate in the NSLP breakfast, lunch and after school snack programs
- Communicate with parent/guardians about our wellness policy and menu
- Have weekly menus posted in the lobby and at the service line in the cafeteria
- Provide nutritional guidelines for all food served
- Promote the importance of healthy eating and physical activity
- Promote a garden program that allows clients to plant, harvest, and consume garden vegetables
- Provide drinking water anytime it is requested
- Ensure staff does not bring in food or drinks for clients from home or other unapproved outside sources

#### Meal times and scheduling

We will:

- Provide a minimum of 20 minutes to eat after sitting down for breakfast and lunch
- Schedule breakfast between 7:30 – 9:00 a.m. and lunch between 11:00 a.m. and 1:00 p.m.
- Advise clients to wash hands prior to meals and snacks
- Ensure no vending food is available to clients

**Snacks** Snacks served during and after the school programs will make a positive contribution to the client's diet health, with an emphasis on serving fruits and vegetables as the primary snack, and water, milk or 100% juice as the primary beverage. The agency will assess when to offer snacks based on timing of meals, the clients nutritional needs, clients age and other considerations.

**Rewards** Withholding food or beverage as a punishment is not allowed.

**Cooking Experiences** When available and appropriate, food service experiences will focus on the development of culinary skills to learn how to prepare a variety of foods with an emphasis on vegetable preparation.

**Sharing of Foods** The agency does not allow any sharing of foods or beverages with one another during meal or snack times.

**Fundraising During the School Day** The agency does not allow the sale of food as fundraising.

**Celebrations** limit celebrations that involve food during the school day to no more than one party per week. Each party should include no more than one food or beverage that does not meet nutrition standards for foods.

**Nutritional Education** Nutritional education will focus on promoting proper nutritional habits of a balanced diet, proper portions and regular exercise and physical activity that contribute to an overall healthy lifestyle. Health class is an educational requirement for all high school students. Agency personnel will strive to model good nutrition.

**Physical Activity before and after school** Every student is offered the opportunity and encouraged to participate in physical activity that is age appropriate, modified for students with limited physical abilities and who may have special health care needs. Agency staff will not use physical education or withhold physical education as a punishment. If student is unable to participate in scheduled physical activity an alternate activity suited to their physical ability at the time will be substituted whenever possible. In addition to regular school gym time activities coordinated by our Recreation Therapist like basketball and volleyball, other physical activities offered and overseen by nursing or the recreation therapist are disk football, Zumba, yoga, Wii Dance, calisthenics, weight lifting, PX90 work out, Insanity work out and Focus T25 Alpha.

We will:

- Reinforces self-management skills needed to maintain a physically active lifestyle and to develop habits that promote physical activity over sedentary activity (i.e. watching television or playing video games)
- Provide daily organized physical activities during school including indoor gym, outdoor recreation, field trips and other off site opportunities.
- Provide students numerous after school opportunities for physical activities indoors and outdoors throughout the week and weekend. Gymnasium and all other recreational spaces are made available 7 days a week and evenings.
- Encourage agency personnel to provide opportunities for physical activity breaks between lessons or classes, as appropriate

**Assessment** Food Service Director, Food Service Manager, Nursing Supervisor, School Director, Recreational therapist and the rest of the School Wellness Policy Committee will implement, monitor, assess compliance with nutrition/activity policies herein. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.